

# Pathways 3 session Workshop

PATHWAYS is an introductory counseling workshop that is educational and interactive, and designed to accelerate the change process. It is not group therapy. It is a 3 session, curriculum driven workshop that has structure and specific learning objectives, with each session building on material from the preceding session. It gives you immediate strategies and tools to improve your well-being. It provides a framework for better understanding how you experience distress and ways to change your relationship with this distress.

Session: Tuesday 9/20, Thursday 9/22 &  
Tuesday 9/27 2-3pm

Session: Wednesday 10/12, Friday 10/14 &  
Wednesday 10/19 10-11 am

Session: Tuesday 10/25. Thursday 10/27 &  
Tuesday 11/1 2-3pm



Register for a  
session

